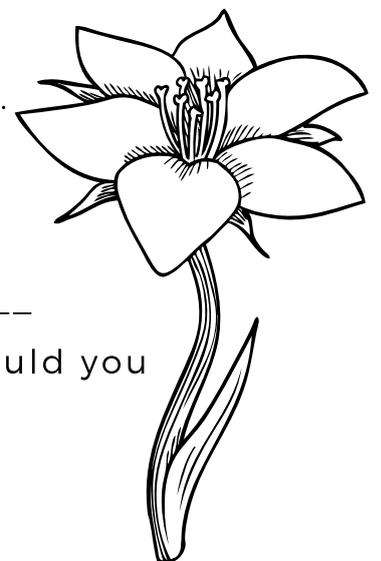
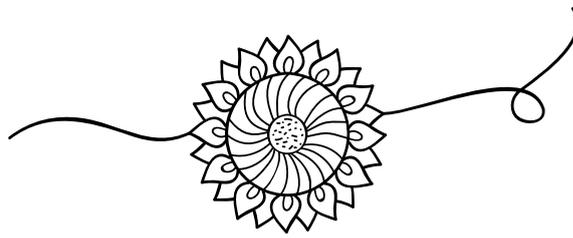


# JOURNAL PROMPTS

1. How would you describe yourself to a stranger?
2. What are your best character traits?
3. If you had to pick one day to relive over and over for the rest of your life what would it be and why?
4. The biggest lessons I've learned from anxiety are:
5. What do you wish most people knew about you and why?
6. What inspires you?
7. What are the three things that scare you the most and why?
8. Write about an important person in your life who you are grateful for. What do you admire about this person, why have they had such an impact on your life, and what would you like to tell them?
9. Describe a time you made a poor choice. What did you learn from the situation, and if you could have a do-over, what would you change about the situation?
10. Write a letter to someone who has wronged you. Tell them what they did, how it made you feel, etc. Get it all out, and then forgive them.
11. What are your ten worst habits and how do they impact your life?
12. What was the last thing that made you feel deeply frustrated?
13. Discuss 3 things you did right today.
14. Describe the biggest life lesson you've learned to date.  
How did it impact your life?
15. Today my victories were:
16. When times get tough I want to remember that \_\_\_\_\_
17. If you could change one thing about yourself, what would you change and why?





18. If you could change anything about yourself what would it be and why?
19. Name five moments when you were purely happy.
20. How do you want to be remembered?
21. Describe how you want your life to look in 5, 10, 20 years
22. What was your most embarrassing moment of your life?
23. What are your greatest qualities?
24. What are three things you would do if you weren't afraid?
25. Describe a situation in which you helped someone else. What did you do? How did it make them feel? How did it make you feel?
26. Create a bucket list of things you'd like to accomplish or experience in the next 12 months.
27. What words do you wish someone would say to you when you're having a tough time?
28. Write down the things that trigger negative emotions in you, and identify 1-3 strategies you can use to combat each of them.
29. Make a list of things that are holding you back from your wants, needs, goals, and desires. Be brutally honest with yourself, and brainstorm ways to overcome these obstacles.
30. What are your ten best talents?
31. Write about your favorite childhood memories.
32. Pick one positive word you'd like to focus on this week and come up with a list of things you can do to experience this feeling each day.
33. What was the best compliment you ever received?
34. Describe a time when you had to make a really hard choice.

35. Who has been your biggest supporter? Write them a thank you letter.

36. Identify one thing you are looking forward this week.

37. Name ten things you can start doing to take care of yourself.

38. What is a trait that you admire most in others? In what ways do you see that trait in yourself

39. Describe your biggest accomplishment and why it means so much to you

40. Discuss one thing that happened today that made you happy.

41. What was your biggest failure and what did you learn from it?

42. Create a 5-year plan. Write out all of the things you need to do to reach your goals.

43. My greatest challenge right now is \_\_\_\_\_

44. What makes you feel fulfilled?

45. How do you want to feel tomorrow? What 3 things can you do today to ensure you feel that way?

46. What was your biggest learning moment this week?

47. Describe a situation where everything worked out for you.

48. Describe a time when you sabotaged a good situation for yourself. Explore why you did that.

49. Identify 3 things in your life that you should be grateful for, but aren't. How do these things make you feel, and why aren't you grateful for them?

50. What does self-care mean to you, and how can you incorporate it into your daily routine?

